Digital Body Fat Scale
User Manual (v-2015/1)
STT-835, BFS-835

The user manual can be downloaded through Surpahs® website at http://www.surpahs.com

Scan for shopping and support:

Surpahs®
www.surpahs.com

Statement of Measuring Accuracy

- This scale should be placed on hard, even surface firmly to ensure the best performance.

- Although it comes with carpet feet adaptors, it is not recommended to use on soft surface such as carpet or rug.
  (If you need to use it on soft surface, please refer to "USE ON SOFT SURFACE" section for detail.)

- This scale uses BIA (Bioelectrical Impedance Analysis) to determine body fat percentage. BIA is considered reasonably accurate for measuring groups, or for tracking body composition in an individual over a period of time,but is not considered sufficiently accurate for recording of single measurements of individuals.
  As BIA is based on body water balance, your state of hydration can impact the level of accuracy.
  Overall the BIA provides an inexpensive, reliable way to estimate and track body fat level. To receive the most accuracy, please do not measure body fat within 30 minutes after a meal, or 120 minutes after an exercise.
  It is recommended that you measure the same time of the day, preferably early evening before a meal, for the most consistent results.

- Do not compare weight readings from one scale to another as some differences will exist due to manufacturing tolerances.

- Do not use your Doctor's scale reading as "accurate" reference to determine the accuracy of your scale, it is not the right way to test the scale accuracy. The best way test scale accuracy would be using 50 kg+ (110 lb+) standard Olympic weight bars on the scale.

- If you weigh yourself twice and get two different results, your weight lies between the two readings.

SPECIFICATIONS/FEATURES

- Measures weight, body mass index (BMI), body fat, body water, muscle, and bone
- Uses Bioelectrical Impedance Analysis (BIA) technology to determine body fat
- Weight Capacity: 180 kg / 397 lb
- Weight Unit: kg /lb
- Weight Graduation: 0.1 kg / 0.2 lb
- Body Fat Graduation: 0.1% (in the range of 5% - 80%)
- Height Range: 3’ 3.5” - 7’ 2.5” (100-220 cm)
- Age Range: 15 - 85 years of age
- 8 Users profile memory
- Athlete mode
- Auto step ON and OFF
- Low battery indication
- Over load indication
- Power by 2 x CR2032 lithium batteries

HOW DOES THE BODY FAT SCALE WORK?

This Surpahs® Body Fat Scale uses Bio Impedance Analysis (BIA) technology which passes a small electrical current through the body to estimate body fat mass, total body water, muscle mass, and bone mass. The electrical current is very small and may not be felt. Contact is made with the body via four stainless steel pads on scale.

NOTE: This device is a personal monitor and **should be used in a consistent manner** for the most accurate readings. While readings of this analyzer might be different than that of other scales (hydro-densitometry or hand held calipers), your changes in body fat percentage shown by this scale will be reflected accurately.

IMPORTANT: The information provided by this device is NOT meant to treat, cure, or prevent any disease or illness. This device should NOT be used by anyone who is acutely or chronically ill, suffering from a disease, or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

CAUTION: This scale is NOT intended for use by pregnant women. Although the age range of this scale is between 15 and 85, it is NOT intended for use by children under the age of 18. It should also NOT be used by anyone with an implanted medical device (such as a pacemaker, metal plates or screws; or contraceptive devices). If in doubt, contact your physician.

This analyzer will work accurately as a scale for anyone, within the specifications and warnings noted above, and give accurate body fat results for the majority of people.

BATTERY INFORMATION

This scale operates on 2 x CR2032 lithium batteries (pre-installed). Remove any plastic strips from the battery compartment on the bottom of the scale before continue with these instruction.

Your scale has been set to measure in pounds (lb) and inches (in). To change the unit please press the 'UNIT' button on the bottom of the.

When the screen displays "Lo", it indicates power is low, please replace both batteries with t he "+" signs up, do not combine old and new batteries.

The scale needs to be initialized (set up) before first use and after battery replacement.

USE ON SOFT SURFACE

Attached four "Carpet Feet" are to help the scale to work on soft surface such as carpet or rug. If you want to use the scale on soft surface, you may install these Carpet Feet to the scale.

NOTE:

* Depending on the softness and thickness of a soft surface place, however the scale weighting accuracy is not guaranteed by installing "carpet feet" to the scale.
* Follow these steps to test if the soft surface is good for your scale with "carpet feet":

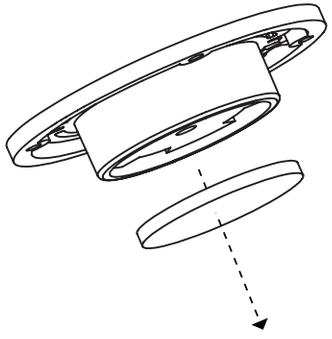
  a). After all of the four carpet feet are installed, stand on/off the scale for a while a few times.

  b) . Make sure the scale is firmly placed.

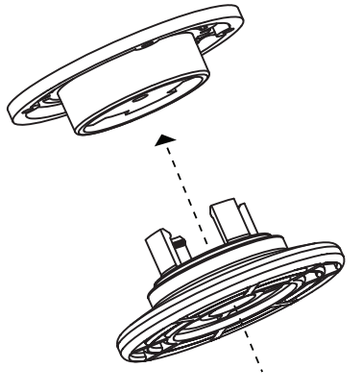
  c). Now you can make several weighting tests, if you notice that the results are a bit off, this soft surface is not good for the scale, and you should move the scale back to hard surface.

There are two types of Carpet Feet, find the type of your Carpet Feet, and follow the instruction to install it.

To fit carpet feet

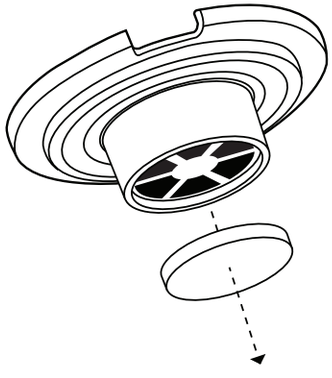


1. Remove the non-slip pads from the scales feet

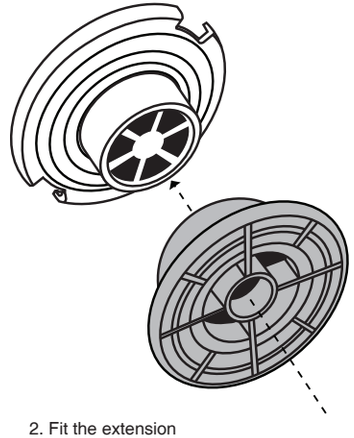


2. Fit the extension feet firmly onto the scales feet

To fit carpet feet



1. Remove the non-slip pads from the scales feet



2. Fit the extension feet firmly onto the scales feet

USING BODY FAT SCALE

In order to measure body fat and body mass index, you must first set up your profile by entering your height, age and gender (in athlete mode if applicable) in the follow "SET-UP PROCEDURE" steps. The scale uses these parameters to calculate your measurements.

NOTE: Athlete mode calculates more accurate results for highly fit individual persons who do 10 hours or more per week of aerobic activity and have a resting heart rate of 60 beats per minute. The scale is not calibrated for professional athletes or body builders.

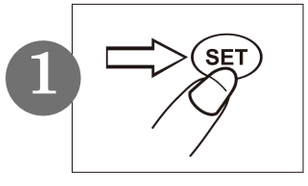
Bare feet are required for the weight/boy fat analyzer to function properly:
Remove your shoes and socks before beginning the measurement. In order to get the most accurate and consistent result, wipe your feet with a damp cloth, leaving them slightly damp before stepping onto the scale. It is recommended that you measure at the same time of the day, preferably early evening before a meal, for the most consistent results.

SET-UP PROCEDURE

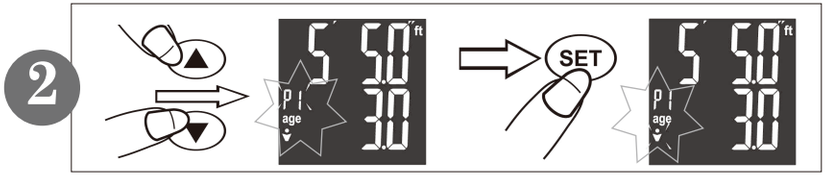
This scale stores personal data for up to 8 users in the memory (P1-P8). Select a number (1 through 8) and use this number to enter your height, age, gender, and activity level; the scale will then use these parameters to calculate your results.

Adding personal information into memory, before the first use, eliminates the need to enter it again each time you take a reading.

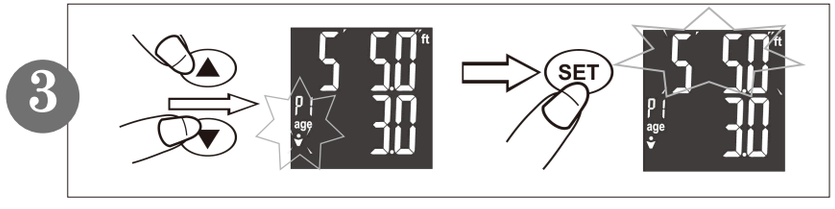
1.Press "SET" button to turn on the scale.



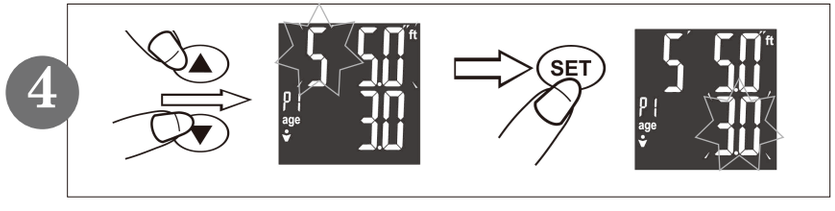
2.Press (▲) or (▼) button to select a profile memory number. Press "SET" button to confirm. Then the gender/athlete icon blinks.



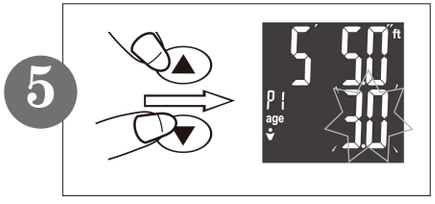
3.Press (▲) or (▼) button to toggle between the male /female /male athlete /female athlete icons. Press "SET" button to confirm your gender/athlete selection. Then the height digits blink.



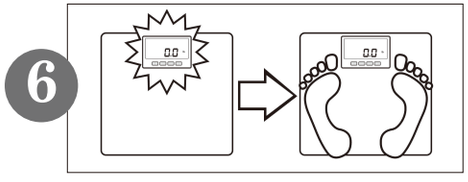
4.Press (▲) or (▼) button to set your height value. Press "SET" button to confirm. Then the age digits blink.



5.Press (▲) or (▼) button to set your age value. Press “SET” button to confirm.



6.When the scale shows “0.0”, you may step on the scale for measurement.
Otherwise the scale will turn OFF automatically. Your data remains saved in the memory.



7.Repeat procedure 1 to 6 for adding additional users.

WEIGHT-ONLY OPERATION

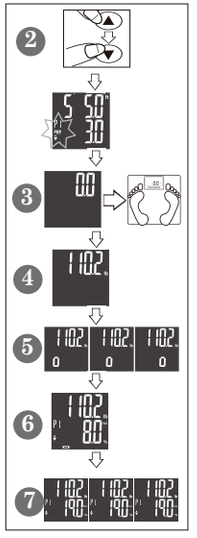
Your Surpahs® Body Fat Scale will operate as a conventional weight-reading scale, there are no special programming steps are required.

You may simply step on the scale to measure your current weight:

1. Place the scale on a flat hard surface, carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. The scale will save your weight.
4. The scale will automatically turn off after a few seconds.

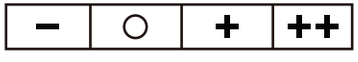
BODY FAT SCALE OPERATION

1. Press “SET” button turn on the scale.
2. Press (▲) or (▼) button to select your personal profile memory number. Your personal data will be shown on the screen.
3. Wait until the display show “0.0”, and then step on the scale with bare feet. Stand still while the unit measures your weight.
4. Your weight will display for 2 seconds.
5. Continue to stand still on the scale while the scale computes your other results. The screen will show running zeros pattern (“0 0 0”) while the scale computes.
6. When the measurement is complete, remain on the scale. The weight and body fat percentage appears first.
7. The water, muscle and bone readings appear next.
8. The results are repeated three times and then the scale turns off.



BODY MASS INDEX (BMI)

The scale calculates your BMI based on your height and weight. As your body fat, water, muscle and bone results appear, your BMI appears as a symbol in the bar at bottom of the screen.



The symbols are:
-- under fat,
O healthy,
+ overfat,
++ obese.

BODY FAT

1. Ideal body fat content is NOT the same for all people. Age, sex, and heredity are variables in this measurement. The table below is a general guide. Consult your physician to determine what is most ideal for you.

BODY FAT

Rating	Age				
	20-29	**30-39**	**40-49**	**50-59**	**60+**
Low	<13	<14	<18	<17	<18
Normal	14-20	15-21	17-23	18-24	19-25
Moderately High	21-23	22-24	24-26	25-27	26-28
High	>23	>24	>26	>27	>28

Female

Rating	Age				
	20-29	**30-39**	**40-49**	**50-59**	**60+**
Low	<19	<20	<21	<22	<23
Normal	20-28	21-29	22-30	23-31	24-32
Moderately High	29-31	30-32	31-33	32-33	33-35
High	>31	>32	>33	>34	>35

2. It is recommended to measure body fat and weight daily at the same.

3. Use this product without clothing for best accuracy. Clothes can vary in weight and affect the calculation.

4. Feet must be bare and clean. For best results, they should also be slightly damp.

TOTAL BODY WATER (TBW)

You must wait several hours before taking a body fat analyze when:
Drinking coffee or alcohol, taking diuretic medications, or exercising. These all affect your level of hydration and the accuracy of your body fat analyze.

Normal healthy range of total body water (TBW) percentage table:

	% Body Fat Range	Normal % TBW Range
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

Body water measurement results are influenced by the proportion of body fat and muscle. If the proportion of body fat is high, or the proportion of muscle is low, then the body water results will tend to below.
It is important to remember that measurements such as body weight, body fat and body water are tools for you to use as part of your healthy lifestyle. Since short term fluctuations can be normal, we suggest that you chart your progress over time, rather than focus on just a single day's reading. Consult your physician to determine what is most ideal for you.

MUSCLE MASS

Muscle mass is important in determining a healthy body composition. A person with a higher % of muscle mass finds it easier to move, but needs more energy to do it. Exercise is very important in maintaining a healthy body and the muscle mass % is a useful indicator to control it. The normal muscle mass percentage on the body weight lies between 38% and 54% for men and between 28% and 39% for women depending on age and physical activity level.

BONE MASS

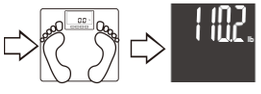
The bone mass readings given by this scale are estimation of the amount of bone in your body. Individuals with osteoporosis or low bone densities may not get accurate. If you have any concern regarding your bones, please consult your doctor.

	Weight	Bone Mass
Men	Less then 143 lb	5.9lb
	143 lb - 209 lb	7.3lb
	209 lb and up	8.1lb
Women	Less then 110 lb	4.3lb
	110 lb - 165 lb	5.3lb
	165 lb and up	6.5lb

AUTOMATIC MEMORY RECALL FUNCTION

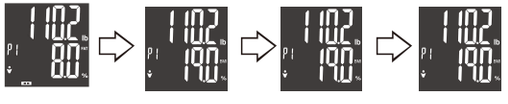
The scale can automatically recall your profile number based on the last weight result once personal data has been saved and a weight/body fat result has been taken.

1.Step on the scale platform and remain still while the scale computes your weight. Your weight will appear.



2.When your weight is stored, a running zeros pattern (“0 0 0”) appears while the scale computes.

3.If the scale successfully finds your profile number, the scale will display the body fat, water, muscle, and bone results in order.



4.**Note:** The scale can only determine the correct profile number if no other user weighs within +/-6.6 pound range. If another user is within the +/-6.6 pound range, the scale will narrow down the profile number choices and display them on the screen.

5.To select the correct profile from the choices, press (▲) or (▼) button to select the profile.

MAINTENANCE AND CARE

- The product is intended for home / consumer use only; it is not intended for professional use in hospitals or medical facilities.
- Clean exposed parts with a soft, slightly, damp cloth. To remove stains, use a mild soap.
- Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays.
- Do not immerse scale in water.
- Treat your scale with care to ensure the best performance. It contains sensitive electronic parts. Avoid rough treatment. Do not jump on, drop or kick the scale.
- Do not attempt to lubricate, disassemble, or open the scale casing as this will void warranty.
- Always weigh yourself on the same scale placed on the same floor surface.
- Do not compare weight readings from one scale to another as some differences do exist due to manufacturing tolerances.
- Place your scale on a hard even floor to ensure the greatest accuracy and consistency.
- It is recommended that you measure at the same time of the day, preferably early evening before a meal, for the most consistent results.
- Your scale rounds up or down to the nearest increment.
- If you weigh yourself twice and get two different results, your weight lies between the two.
- Do not dispose of batteries in fire. Batteries may explode or leak. Remove batteries from the scale if it will not be used for a long period.
- Do not store the scale where you store cleaning chemicals. The vapors may affect the electronic components of your scale. Do not store the scale on its side.
- Store your scale in a clean, dry location at room temperature. Dust, dirt, and moisture from humidity can accumulate on the weighing sensors causing inaccuracy or malfunction.
- To prevent battery drainage, do not store anything on the scale.

TROUBLESHOOTING

1. You must have bare feet to take measurements. In order to get the most accurate and Consistent results, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale. Repeat measurements again, maintaining maximum contact between your feet and metal sensors.

2. The condition of the skin on the bottom of your feet can affect the results. The natural effects of aging activity can make the skin hard. Take the reading with clean and slightly damp feet for best accuracy.

3. **WARNINGMESSAGE**

---- =Overload Warning. The maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage to the scale will occur.

Lo = Low Battery Warning. Replace the batteries. Always replace both batteries at the same time, do not combine old and new batteries.

If only the weight is all that appears after the Bio Impedance Analysis (BIA) was attempted, or you get instability Error, Contact Error, or Body Fat Beyond Range Error, stand still on the scale while measuring. Clean bottom of your feet with a damp cloth, leave slightly damp, and repeat measurement again, maintaining maximum contact between your feet and the four metal pads (sensors).

FCC REGULATIONS

This device complies with part 15 of the FCC Rules. Operation issue subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received including interference that may cause undesired operation.

WARRANTY

This product is warranted against defects in materials and workmanship for one year from the date purchase, when used in accordance with the instructions provided. This warranty does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.

C8KE INC. shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages. There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

Should this product require service (or replacement at our option) while under warranty, please visit website **www.surpahs.com** and submit a support ticket.

Surpahs®, C8KE INC.
501 Silverside Rd, Suite 105
Wilmington, DE 19809, USA
www.surpahs.com